

ABSTRACT OF THE DISCLOSURE

An ink jet recording head cartridge has a liquid container for retaining a liquid, a discharge circuit section which comprises a supply port for
5 receiving the liquid in the liquid container, a nozzle in communication with the supply port, and a discharge energy generating element, provided in the nozzle, for discharging the liquid; and a flow path for leading the liquid from the liquid container to
10 the discharge circuit section, wherein the flow path comprises a vertical portion extending from a portion connecting to the ink container, and a horizontal portion connecting to a lower end of the vertical portion and connecting to the supply port of the
15 discharge circuit section, a throttle portion whose width becomes narrower in a supply direction of the liquid is formed in a portion, which connects to the vertical portion, of the horizontal portion of the flow path, and a groove shaped flow path whose width
20 is narrower than the total width of the flow path is sequentially formed on an inner wall of the flow path from a portion connecting to the liquid container to a portion connecting to the discharge circuit section.